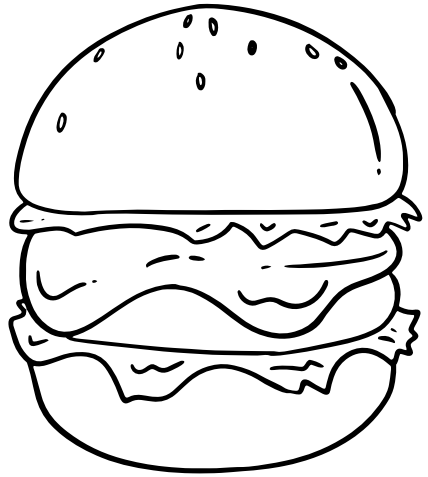
BUILDING WELLNESS
Taranaki W'akamaiangi

Burger Theory by Matthew Manderson

Generally, there are key ingredients vital for our wellbeing, in order to feel good, function well, and bounce back from stress.

There may be daily actions, though seemingly small, can lead to big improvements in wellbeing overtime.

Key ingredients in most people's burger / wellbeing includes:



Sleep
Exercise
Diet
Work
Work-life balance
.....

Hobbies
Family time
Time with friends
Down time
Good physical health
.....

As a basic gauge to identify where you are at, ask yourself:
"What are the key ingredients I need in order to feel good and function well?"
"What's missing from my burger?" "What can I put back in?"

Think about a time when things were going really well for you... *"What were the ingredients then and what is different now?"*

Focus on 3 points / goals to take basic actions to improve wellbeing overtime.

Check out the resources on the Building Wellness website or contact the Coordinator for support:
www.buildingwellness.co.nz help@buildingwellness.co.nz 027 322 0606

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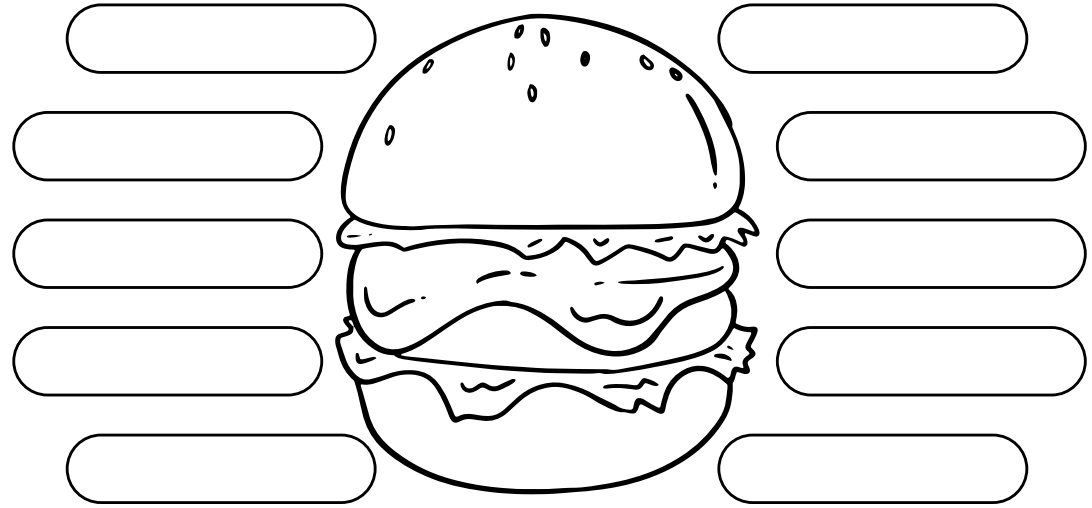
Use this worksheet to list what your ingredients are - Do you, have them all? How balanced are your ingredients?



Have a go at answering these questions:
"What are the key ingredients I need in order to feel good and function well?"

"What's missing from my burger?"

"What can I put back in?"

Think about a time when things were going really well for you... "What were the ingredients then and what is different now?"

List 3 points / goals to take basic actions:
1)
2)
3)

groov

6 Pillars of Wellbeing

Research shows if you do something from each of these 6 Pillars every day, it will help you feel good, function better, and bounce back from stress.

They may be small daily actions, but they can lead to big improvements in wellbeing. Often, actions cover more than one pillar, so they're easy to fit into your day.

Download the Groov app to learn more about our 6 Pillars and discover tools to weave them into your day

GET IT ON Google Play Download on the App Store

Chill

Calm the body and mind. Be present.

- Practise deep breathing
- Pause and connect with all five senses
- Do some stretching
- Step outside

Do

Keep learning. Get creative.

- Learn something new
- Start a DIY project
- Do a brain teaser
- Take a quiz
- Do a puzzle
- Doodle

Connect

Build relationships. Boost connection.

- Contact a friend or loved one
- Volunteer
- Say thank you to a colleague
- Join a club or team
- Host a games night

Celebrate

Find gratitude. Live your values.

- Notice three good things
- Reflect on your values
- Write down one thing you're doing well
- Celebrate small wins

Move

Stay active. Feel energised.

- Do some stretches
- Go for a walk
- Try a yoga pose
- Declutter
- Do some light chores
- Have a dance

Enjoy

Practise self-care. Focus on fun.

- Watch some comedy
- Smile for an instant boost
- Plan things to look forward to
- Prioritise having fun

Feel good. Function better. Find your Groov.

groov

6 Pillars Worksheet

Fill out the fields below to create your own 6 Pillars plan

1 What matters most to you?

Write down three things you value:

2 What are you interested in?

Write down three of your interests:

3 What are you good at?

Write down three of your strengths:

4 Choose some 6 Pillar activites

Note some activities you'd like to try.

Chill:

Move:

Do:

Celebrate:

Connect:

Enjoy:

5 DOT: Do One Thing

Write down one thing you'll try first.